

Growing Healthy Families

WIC Newsletter • Summer 2015

VOLUME XVII, ISSUE 2

VERMONT DEPARTMENT OF HEALTH • 1-800-649-4857 • www.healthvermont.gov

Summer's harvest

Enjoy summer's harvest with Farm to Family

Summer brings a variety of vegetables and fruits for your family to enjoy. Summer is a great time to try different vegetables and fruits and new ways of preparing them.

Farmers' markets are full of a variety of vegetables and fruits this time of year. The Vermont Farm to Family Program offers coupons for free vegetables and fruits from your local farmers' markets. See the insert of this newsletter for dates and times when you can pick up your Farm to Family coupons. Don't miss out on this great opportunity for free vegetables and fruits!

Take your child to the farmers' market

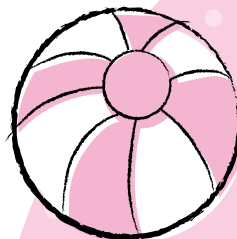
Ask your child to choose vegetables and fruits he would like to try. Talk about the vegetable or fruit with your child:

- How does it grow?
- What does it look like?
- What color is it?
- How does it smell?
- How does it feel?

You may be pleasantly surprised that your child may be willing to try vegetables and fruits that are new to her or that she didn't like before.

Taste new vegetables and fruits with your child

Young children love to copy their parents. Your child may not like every new vegetable or fruit that she tries and that's okay. It's more important that your child is willing to try new foods.



Draw a line from the number to the number of objects you see

2

3

1



Puzzle Corner

Strawberries — a summer treat!

Strawberries not only taste good — they are good for you! Strawberries are a great source of vitamin C, folic acid, potassium and fiber.

Pick up strawberries at the farmers' market or grocery store, or try picking your own — a fun activity for the whole family.

Strawberries are easy to prepare. Just rinse lightly and enjoy.

Extra berries can be frozen for later use. To freeze, rinse berries and remove caps. Place on a tray in a single layer. Freeze for 2 hours and pack into freezer bags. Frozen berries will be soft when thawed.

Strawberries add color, flavor and nutrition to meals and snacks.

- Slice strawberries on breakfast cereals
- Top pancakes, waffles or French toast with strawberries
- Dip strawberries in yogurt or serve sliced strawberries on top of yogurt
- Cut up strawberries with other fruits for a fruit salad
- Serve strawberries on cottage cheese, pudding or custard
- Blend strawberries with milk and yogurt for a smoothie
- Top green salads with sliced strawberries — try Strawberry Spinach Salad (see recipe below)



Strawberry Spinach Salad

Vermont-grown strawberries are available in June and early July. Vermont spinach and other salad greens are available throughout most of the summer.

Serves 8

1 pound fresh spinach
(or other salad greens),
washed and torn into
small pieces
2 cups fresh strawberries, sliced
¼ cup sliced toasted almonds
(optional)

Dressing:
¼ cup oil (olive or canola)
2 Tbs. white vinegar
2 Tbs. cider vinegar
1 Tbs. minced red onion
2 Tbs. sugar
⅛ tsp. paprika
1 Tbs. toasted sesame seeds
(optional)



Place washed spinach in a large bowl. Sprinkle strawberries and almonds over spinach. Mix all dressing ingredients together and pour over spinach. Toss well. Serve immediately.

Variation: If you don't have the ingredients for the dressing on hand, substitute bottled low-fat Italian or ranch salad dressing.

Nutrient analysis per serving: calories 120, protein 3 grams, carbohydrates 9 grams, fat 9 grams, sodium 45 milligrams, fiber 2 grams

The new WIC card — coming soon to Vermont WIC!

More choices, greater convenience and increased flexibility are coming your way as WIC changes from home delivery of WIC foods to a new electronic benefits card.

Choices

Choose from an expanded list of dairy, eggs, peanut butter, whole grains, fruits and veggies, cereals and more! New additions include yogurt, whole wheat pasta and tortillas.

Convenience

Shop throughout the month at Hannaford, Price Chopper, Shaw's, Mac's and Tops as well as many smaller grocery stores.

Flexibility

Buy the WIC foods you want on your schedule, when you need them each month.

WIC will pilot the new WIC card in Rutland County beginning in July. From October 2015 until May 2016 the WIC card will roll out in other areas across the state to all WIC families.

For more information check out our web page at www.healthvermont.gov/wic.



"Summer's harvest" and Strawberry Spinach Salad recipe copyright *KidFood* newsletter, reprinted with permission; "Strawberries — a summer treat" copyright *SmartFood* newsletter, reprinted with permission.



Ask Dr. Lewis First

Q: What can I do when my child gets a bee sting, bit by a mosquito, or has a tick?

Dr. First: With summer here, parents are bugging me about what they can do to protect their children from summer insects. Well, let me try to bite into this problem and provide a few solutions that hopefully will not sting.

It is best to stay away from areas where insects tend to nest or gather such as stagnant pools of water, uncovered foods, and gardens with flowers in bloom.

Dress your child in light-colored clothing (like khaki or beige). Avoid bright floral colors. Long sleeves and pants can be helpful to prevent ticks from biting into your child's arms and legs. Don't use fragrant soaps, shampoos, and lotions, except for citronella lotions, which seem to keep some biting bugs away.

To protect your child further, you can try an insect repellent on exposed areas of the skin. The most effective products contain DEET at 30% concentration or less. Use sparingly on children over the age of 2 months — apply no more than every 6 hours and not on the hands if your child sucks his or her thumbs.

Treat bites with a cool compress, antihistamines, and anti-inflammatory medicines like ibuprofen. Signs of a serious allergic reaction from a bee sting are swelling of the face or mouth, nausea, vomiting, or difficulty breathing. If any of these occur, seek medical attention immediately.

Remove a tick with tweezers by grasping it as close to the skin as possible and pulling up with a steady upward pressure. Try not to puncture, squeeze or crush the tick. If you think the tick may have been on your child's body for more than 24 hours, talk to your child's health care provider. Further treatment may be needed to protect against Lyme disease caused by some ticks. Applying nail polish, alcohol or a match near the tick will not work.

Hopefully tips like these will take care of business (or is that "buzz-iness"?) when it comes to preventing and treating those summer insect bites and stings.

Dr. Lewis First is Chief of Pediatrics at Vermont Children's Hospital at Fletcher Allen Health Care.

WIC Newsletter • Summer



A perfect summer day is
when the sun is shining,
the breeze is blowing, the
birds are singing, and the
lawn mower is broken.

~James Dent



- Enjoy summer's harvest with
Farm to Family
- Strawberries — a summer treat!
- Ask Dr. Lewis First: What can I do when
my child gets stung, bit, or has a tick?
- Recipe: Strawberry Spinach Salad
- Learn about the new WIC card

**IN
THIS
ISSUE:**

WIC Newsletter • Summer 2015